

staying on track

the ABCDEs of diabetes health

A is for A1c	Lab test that measures blood sugar control over the last 3 months. Goal: less than or equal to 7%
B is for blood pressure	The force of blood pushing against blood vessels Goal: less than 130/80 mmHg (less than 125/75 mmHg if kidney disease present)
C is for cholesterol	The fat like material in your blood Goal: LDL (bad cholesterol): less than or equal to 2 HDL (good cholesterol): more than 1 Triglycerides (extra fat in blood): less than 1.5
D is for drugs to protect the heart & kidneys	Even if your cholesterol and blood pressure is in target, a cholesterol lowering or blood pressure medication may be used to prevent heart disease & protect the kidneys.
E is for eating well & exercising	Regular physical activity in addition to healthy eating help manages your blood glucose levels and your body weight.
S is for smoking cessation & stress management	Smoking increases your risk of heart disease. If you need help quitting, speak to your doctor. Both emotional and physical (illness, infection, injury) stress can cause blood sugars to be elevated. If you are feeling overwhelmed, speak to your doctor for more options.

Blood sugars targets

Checking and keeping a log tells you how your sugars are doing during a particular time of the day, or how they reacted to a meal or physical activity.

Fasting

4-7 mmol/L

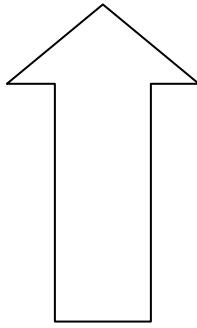
2 hours after meal

5-8 mmol/L if A1C is above 7%

5-10 mmol/L if A1c is less than 7%

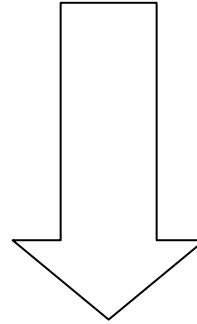
Even though self-management of diabetes is very important, you're not in it alone: don't be afraid to ask for help! Speak to your healthcare provider/educator about any questions/concerns you may have.

what can affect my blood sugar?



what can raise blood sugar

- too little insulin
- less activity than usual
- more carbohydrate than usual
- illness or stress



what can lower blood sugar

- too much insulin
- more activity than usual
- less carbohydrate than usual
- alcohol intake

preventing complications

Complications do not happen to everyone. Keeping your blood sugars in target and taking an active role in your treatment are two important ways that you can help to prevent or delay diabetes complications.

Eyes: damage to small blood vessels in the eyes, potentially leading to blindness.

- ✓ Have a dilated eye exam every 1-2 years.

Kidneys: in combination of high blood pressure can damage the kidneys' filtration system

- ✓ Ensure you are screened for early signs for kidney disease during regular blood work .

Mouth: gum disease & other mouth problems

- ✓ tell your dentists you have diabetes & follow up regularly.

Heart: increases your risk for heart disease & stroke.

- ✓ keep weight, blood pressure and cholesterol in control. Also quit smoking if you are a smoker.

Sexual health : high blood sugars can affect sexual health in both males and females.

Foot care/neuropathy: nerve damage, pain or loss of feeling. This can lead to more serious foot problems.

- ✓ Foot problems are preventable. Check your feet every day. See your doctor for signs of infection, a cut, or sores on your foot that do not heal.

